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Legacy Link			N. C.	
March 2023				1
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MONDAY	THEORY	WEDNESDAY	THIRDDAY	FRIDAY
MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Swiss Steak	Chicken Gumbo	Beef Chili
		Garlic Whipped Potatoes Carrots	Parslied Rice Mixed Vegetables	Baked Potato Broccoli w/Cheese
TDIO		Wheat Bread	Dinner Roll	Cornbread
TRIO		Chocolate Chip Cookie	Orange Gelatin	Fresh Fruit
Community Meals		Milk Margarine	Milk Margarine	Milk Margarine - 2
an elior company		Diet- Vanilla Wafers	Diet - SF Gelatin	Sour Cream
an ellor company				Diet - Same
6	7	ALT: Popcorn Chicken 8	9	ALT: Vegetarian Chili 10
Meatloaf	Chicken Pot Pie	Hamburger Patty	Pork Loin/Brown Gravy	Sweet & Sour Chicken
Tomato Gravy	Country Corn	Baked Beans	Whipped Potatoes	Japanese Vegetables
Buttered Rice Brussels Sprouts	Summer Vegetable Blend Dinner Roll	Potato Wedges	Cabbage Cornbread	Rice Dinner Roll
Wheat Bread	Fudge Creme Cookie	Lettuce & Tomato Hamburger Bun	Fresh Fruit	Fresh Fruit
Fresh Fruit	Milk	Fresh Fruit	Milk	Milk
Milk	Margarine	Chocolate Milk	Margarine	Margarine
Margarine	Diet- Vanilla Wafers	Mustard/Mayonnaise	Diet - Same	Diet - Same
Diet - Same		Ketchup - 2 Diet - Same		
ALT: Popcorn Chicken	ALT: Cheese Omelet	ALT: Breaded Chicken	ALT: Meatloaf/Brown Gravy	ALT: Vegan Meatballs
13	14	15	16	17
Deef C. Deve Tie Dele	Falita Chialasa			
Beef & Bow Tie Bake	Fajita Chicken	Red Beans & Sausage	Oven Fried Chicken	Swedish Meatballs
Beef & Bow Tie Bake Green Beans Mixed Vegetable Blend	Fajita Chicken Fiesta Vegetables Spanish Rice			
Green Beans	Fiesta Vegetables	Red Beans & Sausage Collard Greens	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding
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Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2)	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding
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Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2) 20 Salisbury Steak w/Au Jus Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet-Graham Crackers	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese 21 Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Ketchup Diet - Same	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast 22 Beef Spaghetti Casserole Peas & Carrots Tossed Salad Wheat Bread Apple Raisin Compote Milk Margarine Ranch Dressing Diet - Hot Apple Slices	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy 23 Chicken Stew Buttered Rice Green Beans Saltine Crackers Fresh Banana Milk Diet - Same	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding ALT: Vegan Meatballs 24 Macaroni & Cheese Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2) 20 Salisbury Steak w/Au Jus Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese 21 Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Ketchup	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast 22 Beef Spaghetti Casserole Peas & Carrots Tossed Salad Wheat Bread Apple Raisin Compote Milk Margarine Ranch Dressing	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy 23 Chicken Stew Buttered Rice Green Beans Saltine Crackers Fresh Banana Milk	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding ALT: Vegan Meatballs 24 Macaroni & Cheese Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2) 20 Salisbury Steak w/Au Jus Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet-Graham Crackers ALT: Breaded Chicken 27 Chicken A La King	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese 21 Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Ketchup Diet - Same ALT: Garden Frankfurter 28 BBQ Pork	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast 22 Beef Spaghetti Casserole Peas & Carrots Tossed Salad Wheat Bread Apple Raisin Compote Milk Margarine Ranch Dressing Diet - Hot Apple Slices ALT: Veggie Burger 29 Swiss Steak	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy 23 Chicken Stew Buttered Rice Green Beans Saltine Crackers Fresh Banana Milk Diet - Same ALT: Beef Patty w/Gravy 30 Chicken Gumbo	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding ALT: Vegan Meatballs 24 Macaroni & Cheese Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: Popcorn Chicken 31 Beef Chili
Green Beans Mixed Vegetable Blend Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers ALT: Egg Patty (2) 20 Salisbury Steak w/Au Jus Gravy Delmonico Potatoes Stewed Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet-Graham Crackers ALT: Breaded Chicken 27 Chicken A La King Penne Noodles	Fiesta Vegetables Spanish Rice Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Milk ALT: Refried Beans w/Cheese 21 Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard/Ketchup Diet - Same ALT: Garden Frankfurter 28 BBQ Pork Baked Beans	Red Beans & Sausage Collard Greens Corn and Carrots Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: BBQ Chicken Breast 22 Beef Spaghetti Casserole Peas & Carrots Tossed Salad Wheat Bread Apple Raisin Compote Milk Margarine Ranch Dressing Diet - Hot Apple Slices ALT: Veggie Burger 29 Swiss Steak Garlic Whipped Potatoes	Oven Fried Chicken Garlic Whipped Potatoes Carrots Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy 23 Chicken Stew Buttered Rice Green Beans Saltine Crackers Fresh Banana Milk Diet - Same ALT: Beef Patty w/Gravy 30 Chicken Gumbo Parslied Rice	Swedish Meatballs Rotini Noodles Italian Green Beans Bread Roll Banana Pudding Chocolate Milk Diet - SF Banana Pudding ALT: Vegan Meatballs 24 Macaroni & Cheese Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: Popcorn Chicken 31 Beef Chili Baked Potato
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Amanda & Patrick, MS. RD, LD